



Low-Hydroxyproline (Low-Collagen) Diet

General Description

This diet is used to restrict dietary hydroxyproline intake during three-day urine collections being analyzed for rate of collagen breakdown. Hydroxyproline is the main constituent of collagen. Unrestricted intake of hydroxyproline may result in elevated levels of collagen in the urine leading to a false-positive indication of collagen in the urine.

Indications for Use

Urinary studies to determine the rate of collagen breakdown are occasionally used in breast cancer patients to determine if bone metastases are present. The use of this procedure for diagnostic purposes is controversial.

Guidelines

- This diet should be initiated with the meal prior to the onset of the urine collection. The diet runs for the entire three-day duration of the urine collection.
- The following foods are restricted due to their hydroxyproline content:

Avoid:

- Meat
- Poultry
- Fish
- Meat Extracts
- Gravy
- Soups
- Meat Broth
- Sauces Containing Meat Broth
- Casseroles Made with Meat Broth or Gravy
- Gelatin
- Foods Containing Gelatin
- Mayonnaise
- Salad Dressing
- Ice Cream
- Sherbert
- Fruit Ice
- Chocolate in any form

- Eggs, cheese or a vegetarian entree will be substituted as the dietary protein choice.

Low-Hydroxyproline Diet

Suggested Meal Plan

Breakfast	Lunch	Dinner
Jucie	Egg or Cheese Entree	Egg or Cheese Entree
Cereal	Potato or Substitute	Potato or Substitute
Egg	Vegetable	Vegetable
Toast	Fruit	Fruit
Margarine	Bread	Bread
2% Milk	Margarine	Margarine
Beverage	Beverage	2% Milk
		Beverage